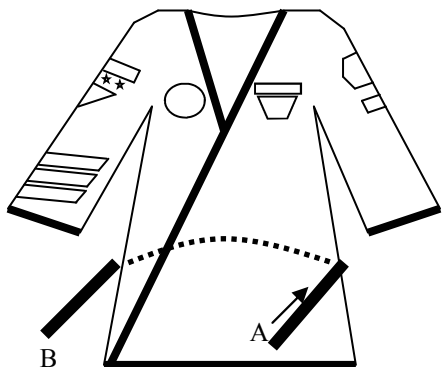
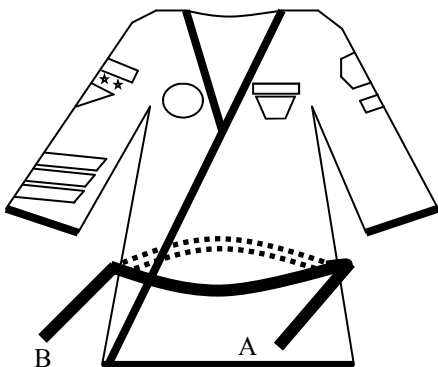


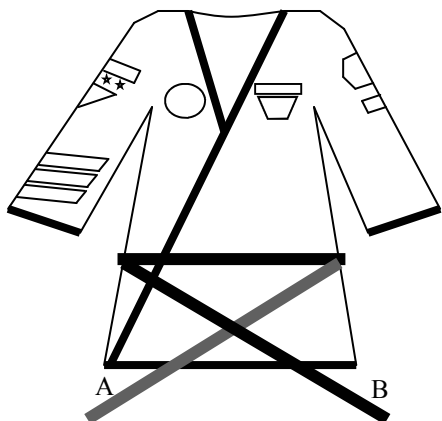
Master Amy Reed's Black Belt Academy
How to tie your Belt.



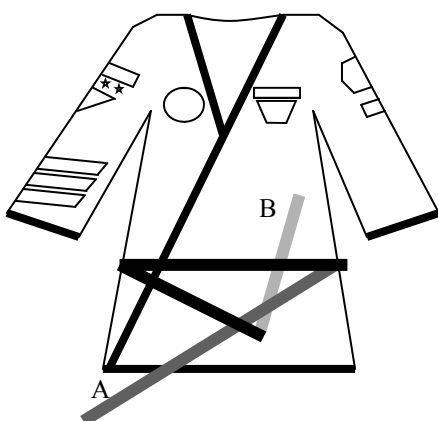
1. Start by wrapping belt around back. (If side A has a red award stripe on it, it will end on this same side.)



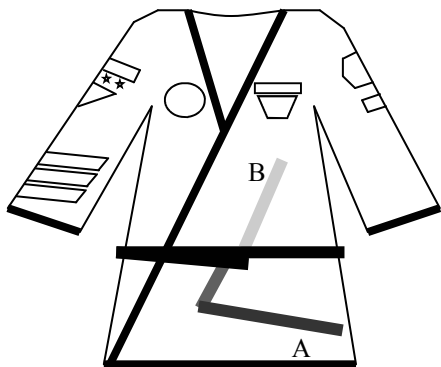
2. For a double wrap belt, continue wrapping a second time, making sure belt overlaps neatly in back. If single wrap, move on to step three.



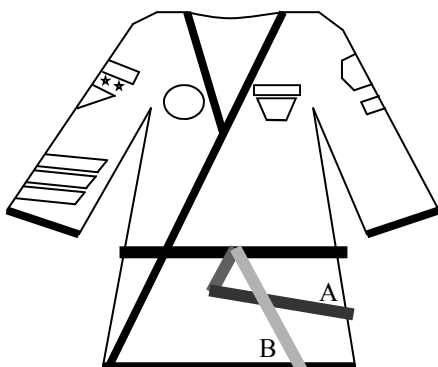
3. Cross side B over the top of side A.



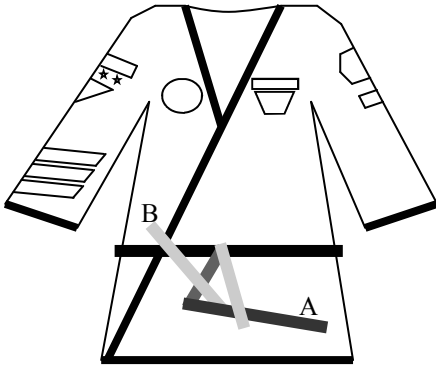
4. Wrap side B under the belt and tighten.



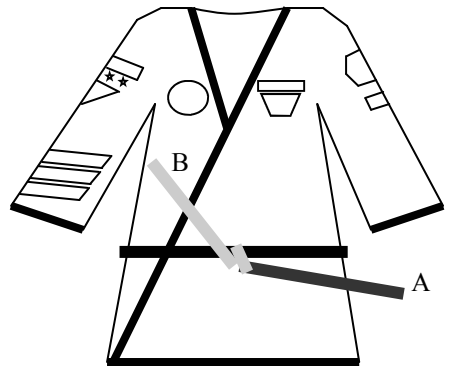
5. Fold side A to prevent belt from twisting in knot.



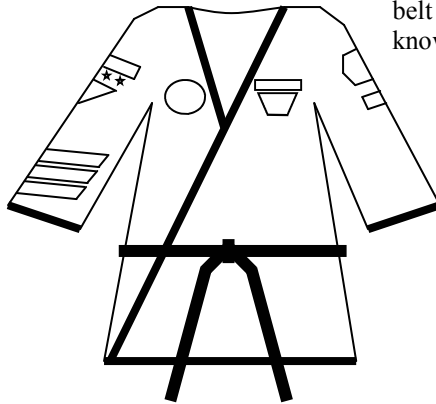
6. Fold side B down over side A.



7. Continue folding side B up through hole created by side A.



8. Pull both ends equally taking care not to twist belt. Notice that side A ended in the same spot that it began. This is important to note once the belt begins to fill with award and knowledge stripes.



9. Complete by pulling ends hard making the knot tight. Both ends should hang evenly balancing the mind, body, and spirit.

NOTES:

- Black knowledge stripes are to be displayed on the same side as the school patch.
- Award stripes are placed on club patch side.
- Black belts display their rank on the same side as the school patch.
- Never wash your belt.
- Respect your belt for it represents the knowledge you have gained.
(for example: do not drag, put on floor, etc.)